

Tuesday, August 5, 2008



NATIONAL FARMER'S MARKET WEEK

August 3-9

Alabama Department of Agriculture & Industries



Ron Sparks
Commissioner

Why take the Challenge?

The Eat Local Challenge is a fun way to get Alabamians to be more conscious about where their food comes from, how it is grown, and to connect with the farm community in Alabama. One entertaining way to enjoy eating Alabama foods is to learn new recipes and cook your own meals with them. Here is just one example of a delicious dish you can prepare for your family tonight after your trip to the local farmer's market for fresh Alabama produce:

Is eating local really a challenge? Well, it can be in today's society! With all of the fast pace and fast food, it is hard to slow down these days and recall how delicious fresh produce really is.

The challenge of this week is to **Shop, Eat and Enjoy** foods only made in Alabama. We guarantee this will benefit you, your family and your state, and what can be better than that!

The Department of Agriculture wants to make it easy for you to enjoy fresh, local produce and celebrate National Farmer's Market week. So enjoy this newsletter, and those

that follow, and utilize the tips, facts and information to show you how easy it is to incorporate Alabama crops and foods into your life!

Another great resource on farmer's markets in Alabama is the Farmer's Market Authority's website at www.fma.alabama.gov.

Also, check out our website to find great information on fresh produce and agriculture at www.agi.alabama.gov.

For more information, or to send testimonials and pictures of your week of gourmet Alabama-made meals, email the Department of Agriculture: Lauren.cole@agi.alabama.gov.



*"Fresh off the Farm"
tomatoes for sell at the
State Farmers Market in
Montgomery*

Benefits of Eating Local:

- Assurance of food safety due to regulations by ADAI
- Healthier for you due to less chemical use
- Fresher due to less travel time to market
- Money benefits local farmers and local economy



State Farmer's Markets:

- Montgomery State Farmers Market: 1655 Federal Dr.; Monday thru Sunday year-round
- Fairview Farmers Market; Fairview Ave, Montgomery; Tues, Wed, Fri & Sat

ALABAMA DUTCH STRAWBERRY PIE

- 1, 8-inch unbaked pastry shell**
- 1 ½ pints fresh Alabama strawberries**
- 1/3 cup sugar**
- 3 tablespoons all-purpose flour**

- 1/4 teaspoon salt**
- 1/4 teaspoon cinnamon**
- 3/4 cup evaporated milk**

Arrange strawberries in shell. Combine remaining ingredients. Mix well; pour over strawberries. Bake at 400 degrees for 30 minutes.